

# apimanu®

Traditional Ayurveda Health Care

apimanu NeurotoSan® contains among other things two of the most successful active ingredients for decreasing depression, stimulating the nervous system, enhancing work performance, eliminating fatigue and treating symptoms of asthenia subsequent to intense physical and psychological stress, and preventing high altitude sickness. The 2 main active ingredients are: St. John`s Wort Extract (1,5 % Hyperforin) and Rhodiola Rosea Extrakt (3 % Rosavin)



#### Recommended dose:

1 capsule after the breakfast and 1 capsule after lunch with warm water. \*Do not take more than 2 capsules per day.

## Application:

Depression  
Anxiety Disorder  
Headche  
Migraine  
Physical Stress  
Phychological Stress



**Active Ingebredients of a apimanu NeurotoSan® ayurveda capsule:**  
600 mg St. John`s Wort Extract (1,5 % Hyperforin)  
100 mg Rhodiola Rosea Extract (3 % Rosavin)



*Rhodiola rosea* with it s active ingredient *Rosavin* is a popular plant in traditional medical systems in Eastern Europe and Asian with a reputation for stimulating the nervous system, decreasing depression, enhancing work performance, eliminating fatigue and treating symptoms of asthenia subsequent to intense physical and psychological stress, and preventing high altitude sickness. *Rhodiola rosea* has been categorized as an adaptogen by Russian researchers due to its observed ability to increase resistance to a variety of chemical, biological, and physical stressors. Its claimed benefits include antidepressant, anticancer, cardioprotective, and central nervous system enhancement. Due to these therapeutic properties, *R. rosea* is considered to be one of the most active adaptogenic drugs.

A present study of *Department of Experimental Medicine and Public Health, University of Camerino, Via Scalzino 3, 62032 Camerino (MC), Italy* was to re-investigate the effects produced by a single oral administration of an *R. rosea* hydroalcohol extract (containing 3% rosavin and 1% salidroside) on the central nervous system in mice. The extract was tested on antidepressant, adaptogenic, anxiolytic, nociceptive and locomotor activities at doses of 10, 15 and 20 mg/kg, using predictive behavioural tests and animal models. The results show that this *R. rosea* extract significantly, but not dose-dependently, induced antidepressant-like, adaptogenic, anxiolytic-like and stimulating effects in mice.

Extracts of the plant *Hypericum perforatum L.* (popularly called St. John's wort) and it s active ingredient *hyperforin/hypericum* have been used in folk medicine for a long time for a range of indications including depressive disorders. Besides numerous case reports and drug monitoring studies (with more than 5,000 patients) on the efficacy and safety of standardized St. John's wort preparations, 25 controlled double-blind studies (with more than 2,000 patients) have been conducted. The major indication was mild to moderate depressive disorders. Ten trials (eight single preparations, two combinations of hypericum and valeriana) with 1123 patients compared hypericum with other antidepressant or sedative drugs. Most trials were four to six weeks long. Participants usually had "neurotic depression" or "mild to moderate severe depressive disorders." *Hypericum* preparations were significantly superior to placebo (rate ratio 2.47; 95% confidence interval 1.69 to 3.61) and similarly effective as standard antidepressants.